SLEDDING

- Sledding can be dangerous
- Adults should always supervise children while they are sledding
- Children under 14 should always wear multi-sports helmets
  - Child's head weight is proportionately three times that of an adult
  - Children don't have strength/coordination to protect their heads
  - Consequentially, higher rates of head injuries
- Hospital emergency rooms treat 46,000 injuries each year
  - Head injuries most serious kind of injury

SLEDDING

Safety Rules:

- Adults should always supervise children while they are sledding
- Never go down a hill head first
- Sit facing forward and steer
- Sleds that can steer are safer than flat sheets, toboggans or snow discs
- Wait for a clear path before starting down
- Sled in well-lighted areas at night

SLEDDING

- Never sled on hill that leads directly to a street,. parking lot, pond, etc.
- Never sled on street
- Stay away from hill with trees, rocks, stumps, etc.
- Never hook sleds to the bumpers of cars
- Wear warm and layered clothing to protect from injuries and the cold.
- Don’t overload sled-Check manufacturer’s guidelines

ICE SKATING

- Never skate alone
- Skate with friends
- Stick to shallow, flooded fields and supervised areas
- Never skate on lakes/ponds/rivers
- Never skate close to open bodies of water

ICE SKATING

EMERGENCY

- *If you fall into icy water:*
  - Do not thrash around
  - Extend your arms over the edge of the ice, and kick vigorously to propel yourself onto the ice
  - A pocket knife, belt buckle, or keys might help you to get a grasp
  - Once on the ice - roll gently away from the break
  - Do not stand up until you reach a firm surface

- *If you need to help another:*
  - Do not walk on the ice
  - Move slowly and carefully
  - Lie down flat on the ice to distribute your weight
  - Use reaching aids - rope, board, blanket, sled, jacket

ICE FACTS

- To determine what activities can safely take place, a rough rule of thumb is given below:

  Inches*Activities -Inches of new, clear ice

  - 2 Walking
  - 4 Fishing
  - 5 Snowmobiles
  - 8-12 vehicles

Note: River ice is usually 15 percent weaker than pond/lake ice

- New ice is stronger than old ice

- As ice ages, the bond between the crystals decays making it more dangerous and weaker even if melting has not occurred.

- Ice thickness and strength can vary from location to location

ICE FACTS

- Snow can insulate ice and keep it strong or insulate it to keep it from freezing
- Snow can also hide cracked, weak spots, and open water areas
- Slush is a danger sign - It indicates ice is not freezing from the bottom and indicates weak/deteriorated ice
- Factors that affect ice strength and thickness:
  - Temperature
  - Precipitation (such as snow, sleet, rain)
  - Wind speed
  - Ice age
  - Water depth/water quality
- Never check ice or rescue a victim alone- you could go from rescuer to victim very quickly - get help
- Always check the ice before going out on it

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WINTER RUNNING

- A good pair of shoes, a willing spirit and proper clothing (hat, gloves, sweats, etc.) for winter weather
- **Individual runners have the follow responsibilities**
- Run on sidewalks/shoulders free of ice and snow
- Run on the extreme left side of the roadway facing oncoming traffic and yield to vehicles
- Avoid streets with heavy traffic and uneven/slippery surfaces
- Run in public parks or areas that provide routes without traffic
- Run in single file when jogging with others-Leave space between joggers to see hazards

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WINTER RUNNING

- Pedestrian traffic rules apply
  - Stop for red lights and Cross at intersections or crosswalks
- Wear light-colored clothing and reflective vest, when running in the early morning, at dusk, or at night – Don’t run in a snow storm
- Keep alert and watch for hazards
- Never wear earphones unless on a controlled track
- Army Regulations prohibit the use of headphones/earphones while walking, jogging, skating or bicycling
- Let someone know your jogging route, and when you expect to return

WINTER RUNNING

- Maintain a pace that does not leave you breathless

- Establish a progressive training cycle
  -Run hard one day, less intensely the next
  -Allow time for recovery between sessions
  -Avoid extremely cold days

- Good jogging shoes are essential for good support, cushioning, stability
  - Never substitute tennis/gym shoes

- Extra stretching before and after running in cold weather
  -stretch muscle, while holding it in place for 15 to 20 seconds
  -Warm up for 12 to 15 minutes.

- Run on "forgiving" surfaces
  -Soft surfaces like grass/dirt/tracks are better than hard paved roads.
  -However, a known quality surface would be preferable to twisting an ankle (ice, snow, sticks, holes, rocks)

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